



GENESTRA BRANDS®

HMF Replenish Capsules

PROBIOTIC SUPPLEMENT



Promotes gastrointestinal health*

- Supports a healthy gut microflora*
- Promotes healthy digestive function*
- Provides 100 billion CFU per dose from two strains of *Lactobacillus acidophilus*, *Bifidobacterium bifidum*, *Bifidobacterium animalis* subsp. *lactis*, and *Lactobacillus salivarius*

Genestra HMF Replenish Capsules contain five strains of proprietary human-sourced probiotics that support gastrointestinal health. *Lactobacillus* and *Bifidobacterium* promote healthy intestinal microflora and support healthy digestion. In a randomized, placebo-controlled trial involving 52 adults, daily supplementation with probiotics supported digestive health.*

SUPPLEMENT FACTS

Serving Size 1 Capsule
Servings per Container 14

Each Capsule Contains

Probiotic Consortium	100 billion CFU †
<i>Lactobacillus acidophilus</i> (CUL-60)	
<i>Lactobacillus acidophilus</i> (CUL-21)	
<i>Bifidobacterium bifidum</i> (CUL-20)	
<i>Bifidobacterium animalis</i> subsp. <i>lactis</i> (CUL-34)	
<i>Lactobacillus salivarius</i> (CUL-61)	
† Daily Value not established	

Other Ingredients: Fructooligosaccharides (FOS), hypromellose, silica, magnesium stearate

Recommended Dose

Adults and Children (6 years and older): Take one capsule daily with a meal or as recommended by your healthcare practitioner.

Size 14 Vegetable Capsules **Product Code** 10457-U



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HMF Replenish Capsules

Scientific Rationale:

HMF Replenish Capsules is formulated using Genestra's proprietary *Lactobacillus* and *Bifidobacterium* probiotic consortium - microorganisms that have been used in a wide body of clinical research. Studies demonstrate that these strains effectively maximize intestinal colonization to promote the growth of beneficial bacteria and support gastrointestinal comfort.^{1-2*}

In one double-blind, placebo-controlled trial, HMF probiotics were found to modulate the intestinal microflora composition.^{1*} Participants were divided into two groups, receiving either a probiotic or placebo supplement for 21 days.¹ Fecal samples were collected at baseline (day one) and on days seven and 35 to determine the average bacterial composition.¹ Each probiotic capsule was taken once daily and contained 2.5×10^{10} CFU from a combination of two strains of *Lactobacillus acidophilus* (CUL-60 and CUL-21) and two strains of *Bifidobacterium* spp.¹ HMF probiotic supplementation helped to support the growth of beneficial strains and maintain a healthy bacterial balance.^{1*}

In an eight-week long, double-blind, randomized, placebo-controlled study involving 52 adults, supplementation with a combination of four HMF probiotic strains significantly reduced intestinal discomfort.^{2*} Participants were randomized to either the placebo or probiotic capsule group (25 billion CFU from CUL-60, CUL-21, CUL-34 and CUL-20) and consumed one capsule daily for eight weeks.² Participants scored their intestinal discomfort (including symptom severity score, abdominal pain, bloating, days with pain, satisfaction with bowel habits, and quality of life) at baseline and every two weeks during the supplementation period.² When compared to baseline

values, all six measures significantly improved after eight weeks of supplementation - including a 22% decrease in days with intestinal discomfort, 32% improvement in satisfaction with bowel habits, and 30% improvement in quality of life scores.^{2*} When compared to placebo values, satisfaction with bowel habits significantly improved after six weeks, quality of life significantly improved after eight weeks, and days with pain improved after 10 weeks of probiotic intake.^{2*} Therefore, HMF probiotic strains can be used to promote intestinal comfort and bowel habit satisfaction.^{2*}

HMF Replenish Capsules also contains the prebiotic fiber fructooligo-saccharides (FOS). Prebiotics are non-digestible food ingredients that stimulate the growth and/or metabolic activity of beneficial bacteria in the intestines.³ They are not broken down or absorbed in the upper part of the gastrointestinal tract, but are fermented in the colon, where they promote a healthy gut flora.^{3*} Preclinical research suggests that prebiotics such as FOS preferentially target *Bifidobacteria* and support their growth.^{3*} Fermentation of prebiotics leads to the production of short chain fatty acids (SCFA), an important energy source for colon cells.³ In addition, SCFA maintain an acidic intestinal pH, further contributing to a healthy microflora composition.^{3*} Furthermore, prebiotic fermentation may mediate the intestinal uptake of ions, including iron, calcium and magnesium, promoting their absorption.^{3*} Preclinical research suggests that prebiotics may also have a role in supporting healthy lipid metabolism.^{3*}

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REFERENCES

1. Plummer, SF, Garaiova, I, Sarvotham, T, Cottrell, SL, Le Scouiller, S, Weaver, MA, Tang, J, Dee, P, Hunter, J. Int J Antimicrob Agents. 2005; 26(1): 69-74.
2. Williams, EA, Stimpson, J, Wang, D, Plummer, S, Garaiova, I, Barker, ME, Corfe, BM. Aliment Pharmacol Ther. 2009; 29(1): 97-103.
3. Owuamanam, CI, Ihediohanma, NC, Iwouno, JO. P.J.N. 2010; 9: 833-843.

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